A COMPARATIVE STUDY BASED ON TAEKWONDO KNOWLEDGE BETWEEN MALE AND FEMALE TAEKWONDO PLAYERS FROM NORTH REGIONS OF MAHARASHTRA

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1.1 Introduction

Taekwondo is Korean traditional martial arts. It is one of the most methodical and technical artsthat teaches more than physical combat skills. It enhances our soul and life through training our body and mind in a discipline way.Taekwondo has gained an international reputationin today's era,it is now a global sportand becomes a official games in the Olympics.

Taekwondo consists of various unique activities that help to pursues harmonious growth and enhancements of life. Thus, it can be say that, taekwondo teaches us a perfect way of life that ultimately enable to lead Players and trainees more valuable lives, they would live healthy and glowing life by the guiding principles deeply hidden in taekwondo.

Taekwondo intends to develop trainees' human potential with the help of tried and tested methods. Effective tools combine with this to reinforce the potential with audacityand self-reliance through laborious training, whereas using feet and fists, trainees achieve a way of self -fulfillment.

"Tae kwon-Do" is an unarmed combat that indicates the mental training and the systematic techniques for self-protection as well as healthiness and strength, involving the trained application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

The purpose of this study is to advance visions of Players' knowledge related to coaching activity of Taekwondo. Researcher wants to examined, in what extent and how concretely coaching experience oracademic background about the relative

importance of different knowledge domains constitute relevant issues. The coachesknowledge about the game is very crucial in coaching. It is very obvious that if a coach is having very poor knowledge about the coaching then definitely he will not get good results from his trainers. While on the other hand if coach is having a good knowledge about the game then defiantly his trainers will show good results. Thus with this regard in the present study researcher want to measure the levels of knowledge between the male and female Players of taekwondo game in the north region of Maharashtra. Researcher also want to do a comparative study of male and female Players on the basis of who have the better knowledge. Acomparative study of Taekwondo is very useful to guide the Players for their better performance through which they can train the players perfectly and systematically.

1.2Statement of the problem

Discussion with Association member,Experts from taekwondo,researcher found the day by day performance of taekwondo player from north Maharashtra is decreasing so with the view to find out the reasons behind the decreasing performance. Researcher is of the opinion that less knowledge of Players about training methods fitness and rules of taekwondo game could be the reason behind the decreasing performance.To evaluate, by comparing theknowledge ofmale and female taekwondo Players, the researcher has taken up the below cited problem.*"**A Comparative Study Based On Taekwondo Knowledge Between male and female Taekwondo Players of North Regions of Maharashtra."*

1.3Significance of the Study

- The study will contribute, to know the present status of knowledge of male and female Players of taekwondo training players at different clubs in North Region of Maharashtra.
- This study will help to comprise the awareness about the Knowledge .
- This research provides Platform for the further research .
- This research is in the arena of sports.

1.4Objectives of the study

- Primary objective of the research is determined the taekwondo best knowledge of male and female Taekwondo Players.
- Is to inhance the sports related performance of Taekwondo players through train coach.
- To construct knowledge test questionnaire,to test the knowledge of taekwondo Players.
- To measure the knowledge of male and female taekwondo Players about the game of taekwondo
- To compare the knowledge of male and female taekwondo Players.

1.5 Hypothesis

- **H_1** There will be significant differences of Taekwondo best knowledge of male and female Players.
- **Ho** There will be no significant differences of Taekwondobest Knowledge of male and female Players.

1.6 Delimitations of the study

- The study will be delimite to the Black belt taekwondo coaches and NIS Players who train players at different clubs in north region of Maharashtra.
- The study will be delimite to male 50 and female 50 Players
- The study will delimite to that Players of both categories at least 5 years of experiences.

1.7 Limitation

- The Age of both category Players will not be considere for the particular study.
- Researcher can't cover all the factors require to test the knowledge of the taekwondo Players;hence it is considereas a limitation of the study.

1.8 Operational Definitions

- **Players** :In the present study players means the students of different taekwondo clubs of north Maharashtra, who had at least five years playing taekwondo experience in taekwondo game.
- **Knowledge test**:Knowledge related to taekwondo game, consisting of questions based on taekwondo game history,technique,training, methods, rulesand regulation is called knowledge test.
- **North Maharashtra**: North Maharashtra consists of the districts of Nashik,Dhule,Jalgaon,Nandurbar and Ahmednager.
- **Taekwondo:**Taekwondo is a self-defense and combat sports being played with leg kicks and hand punches.
- **Players knowledge:**The maximum score obtained by the respondent in the questionnaire will be considered as the coach's knowledge**.**

1. 9 Method of Sampling

Population

For the study the population will male and female taekwondo Players at different clubs in North Region of Maharashtra .N= 100 .approx.

Sample

For the present study, 100 Taekwondo Players will selecte from the different taekwondo clubs of North Maharashtra. All the Players will selecte with the help of purposive sampling technique.

1.10 Tool of the study

For the present study Researcher will use Standardize Questionnaire

1.11Procedure for Data Collection

The researcher first take the permission of head of the clubs for the collection of data. The research scholar distribute the questionnaires to all the subjects and also explaine each question to all the Players, after which they ask to fill up the questionnaire completely. There will multiple type questions based on the taekwondo game history, technique, training, methods, rules and regulation and Players were asked to put tick mark on the options of questions which they think is the appropriate answer of the question.

The fill up questionnaires will collect from the subjects and will analyze by using the SPSS software.

1.12 Statistical Techniques use

Researcher will use t-test, mean ,median ,standard deviation

And chi -square test for further research.

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